Mrs Madeleine Rugari convenes a lunchtime Student Representative Council meeting ahead of our Open Day on Sunday, 18 May - 2:00 - 4:00pm. All are welcome to tour the school and visit displays.

FROM OUR PRINCIPAL

OPEN DAY

All members of our school community are cordially invited to our Open Day on Sunday, May 18 from 2-4 pm.

While the afternoon will include a special information session for prospective parents and students, we hope that existing families will take the opportunity to visit subject displays, view performances and look at the recent improvements to our grounds and facilities, etc.

Some of these include:

- Extension to Technology Studies area to enable Engineering competencies to be delivered
- New bench tops in Home Economics
- Improvements to façade of school - fence, paving and entrance way

Also under construction are:

- The new ‘wet’ trades area on Hawke Street – part of the Kapunda Eudunda Nuriootpa Trade Training Centre (KENTTC).
- An upgraded basketball court – still in the preliminary stages, our Doorways to Construction class has been involved in early work.
There will also be opportunities to participate in some fun games run by our break time co-ordinator, Drew Mickan, at the front of the school.

A number of learning areas are keen to involve students in the activities so we do hope that if asked, you support your children to come in for the afternoon. A number of Prefects and SRC members are involved as well.

THANK YOU TO OUR VOLUNTEERS

Like all community not-for-profit organisations, our school depends on the goodwill and generosity of our volunteers.

As we come to the end of Volunteers Week, I am acutely aware that those who do volunteer and actively participate in the life of our school are often also involved in other community and sporting activities.

Decision-making at the Governing Council and committee level depends on the active participation of parent representatives. Setting strategic directions, overseeing the budget, developing and ratifying policy, etc. are all the domain of volunteer parents and community representatives.

While we have a paid manager, providing a canteen service for our 450 students depends on volunteer support staff. While not large in numbers, we are very appreciative of the band of regulars who enable this service to continue.

The myriad of sporting events throughout the year often depend on the support of parents to either help officiate or transport students to carnivals.

Other extra-curricular activities at our school are also heavily dependent on the support and willingness of family members volunteering. Some examples include Pedal Prix and our biannual musical, etc.

We also have a small group of parents who can be relied upon to undertake work of a practical nature around the school when required, thus saving us important dollars. Just recently, our Governing Council Chairperson, Neil Weichert, organised a team from the Community Shed to assist with the demolition of a dilapidated Agriculture Shed in preparation for the erection of a new one.

I would like to particularly acknowledge the contribution of our grounds volunteer, Mel Coulter. Mel works daily at our school and plays an important role in managing the rubbish bins and other responsibilities that keep our school grounds looking good.

To all who contribute to our school in a volunteering capacity, either regularly or as required, thank you. It is greatly appreciated.

Volunteers, Tamara Hall and Mel Coulter with Canteen Manager, Deb Hook.

REMEMBER: PUPIL FREE DAY ON MONDAY

Monday is a pupil free day to enable staff to work collaboratively on planning for the full implementation of the Australian Curriculum.

Teaching staff will be working in teams to prepare teaching and learning overviews, unit plans, common assessment tasks and rubrics to support consistent assessment.

Kristen Masters
Principal

Kidman Kafé

KHS canteen requires volunteers to maintain our high quality of service and food.

The canteen operates between 9:30 am – 1:30 pm weekdays

A regular commitment would be most helpful; however any support would be welcome.

Volunteers are appreciated!

Please contact
Canteen Manager, Deb 85 662203
On Sunday, 5 May, Kapunda High School Pedal Prix teams competed in the first of this year’s Pedal Prix events. It was the first time that a Pedal Prix race was held at Loxton. Both teams completed the race with only one major accident to the Richochet team.

The track went around the main streets of Loxton, with a few sharp turns and a steep hill. Trying to pedal the bikes up the hill was a challenge to some, but riding down the hill just made the day a lot easier for both bikes and their riders.

The race was important for Kapunda High teams because we were trialling a new tracking technology. This technology is called ‘Pedal Time’, which is computer software that tracks the bikes’ exact location as they travel around the track and it also records their speed. A huge thank you to teacher, Mr Craig Cope for supporting our teams in using this program for the event.

Thank you also to our teachers, in particular, Mr McLachlan, and to our parents and friends who supported our teams.

Team results:
Kometz: 12th of 14 category entries
Richochet: 7th of 19 category entries

Jack Wingfield
Pedal Prix student
This term, pre-service teacher (and emerging artist), Miss Jennifer Ahrens, has been working alongside teachers Trish Sweet, Stuart Hoerisch and Grigor Fahlbusch, taking four Art classes.

She has introduced some fresh ideas to the curriculum as seen here where Year 10 students have been studying Street Art and, in particular, stencilling. One the stencils had been cut, the students tested the images using spray paint on paper. Then they produced their final images on the tennis courts using flour, so that the works were not permanent.

As part of their thinking for this project, students were asked to come up with a way that line or lines on the courts could be incorporated or used in their work. Some really thought about this and clever results were produced.

Thank you, Emily!

Adele Butler
Home Economics teacher

Stuart Hoerisch
Art teacher

The Year 11 Food and Hospitality class had an inspiring session with Emily Laubsch who is head Pastry Chef at Appellation restaurant, Marananga. Emily demonstrated many cake decorating skills as she put together two beautiful cakes - a vanilla sponge with piped cream, strawberries and chocolate and a chocolate cake with chocolate ganache and chocolate shards!

The students then tried their hand at decorating some chocolate muffins. This activity has been a valuable opportunity for the students to gain a deeper insight into what it is like working in a fine dining restaurant. It is great to have old scholars come back to KHS and share their expertise and experiences with students.

Thank you, Emily!

Adele Butler
Home Economics teacher

Emily shares her expertise

Graffiti or Art?

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Adele Butler
Home Economics teacher

Emily shares her expertise

Graffiti or Art?
Hello.

Wow, Term 2 already! I hope you are well and have enjoyed the break.

I have been talking with lots of students over the past couple of weeks about their learning goals and how they need to work consistently and maintain good working relationships with their teachers to help them achieve those goals. Students recognise that some of the prerequisites of success include attending (of course), a good working relationship with teachers (asking lots of questions) and feeling safe and secure at school. So great to hear this from lots of students, it is a culture we work hard on at KHS.

Today, I have provided some information about drugs and mental health. This is adapted from an article from the Australian Drug Foundation website, which is my website of the week.

Although medical professionals and researchers have not found conclusive evidence that cannabis use causes mental health problems, research does indicate that there is a strong relationship between cannabis use and experiencing mental health problems—especially if mental illness runs in the family. Mental illnesses associated with cannabis include depression, anxiety and psychotic disorders.

The effects of cannabis may seem to help ease depression at the time, however, cannabis use is likely to make depression worse over the long term. People who use cannabis regularly are likely to have higher levels of depression than people who do not use cannabis. There is some evidence to indicate that cannabis use—heavy or frequent use in particular—can cause depression later in life. The relationship between cannabis use and anxiety is less clear, but anxiety and panic attacks are among the most common negative effects reported by people using cannabis.

Another possible affect is Psychosis. Psychosis is a symptom of a mental illness, such as schizophrenia, and may include symptoms such as Delusions, Hallucinations, impaired reality (seeing or hearing things that do not exist or are distorted). The causes of psychosis are not fully understood. However, researchers and health professionals have found a relationship between cannabis use and psychosis. Cannabis use may cause symptoms similar to psychotic disorders, such as schizophrenia. The symptoms of cannabis psychosis can last several hours or up to three days.

Also, Cannabis use has been found to have a relationship with mental health problems such as schizophrenia. There is evidence that regular cannabis use increases the likelihood of symptoms of schizophrenia occurring in people with certain risk factors. The main risk factor is having a personal or family history of mental health problems. There is evidence that people with schizophrenia who use cannabis tend to have their first psychotic episode at a younger age than people with schizophrenia who do not use cannabis.

For people with a mental illness, cannabis use can make psychotic symptoms worse, cause those with an illness like schizophrenia to experience more delusions, hallucinations and other symptoms, lead to a higher likelihood of hospitalisation for psychosis, make treatment less effective and make recovery from a psychotic episode more difficult.

People with a family or personal history of mental health problems should especially avoid using cannabis. If you are experiencing feelings of depression or anxiety, you should contact your doctor or a health professional.

It can be stressful living with or watching someone you care about smoke cannabis, especially when they have mental health problems. There are a couple of things you can do including learning about cannabis use and mental health. The more you know about the symptoms and treatment options, the better able you’ll be to help your friend or family member.

- Encourage the person to get help.
- Urge your friend or family member to seek professional help—don’t wait to see if the person gets better without treatment.
- Be understanding.
- Let your friend or family member know that you’re there if they need someone to listen to them, encourage them and assist with their treatment.
- Be patient. Getting better takes time—even when a person is committed to treatment. Be prepared for setbacks and challenges. Don’t forget to look after yourself.

Tough stuff! I hope this information helps. Certainly in my experience, as a school counsellor, I have seen the negative mental and physical health effects of drug use, especially in the ability to focus and learn. As a school, we generally look at illegal substance use and abuse primarily from a health and learning perspective, looking to support the student and family.

If you have and questions, concerns or information about this please contact me through the school and would be happy to discuss this with you.

Peter Norde
School Counsellor
On Tuesday, 13 May the Year 10 Drama class went on an excursion to the Adelaide Festival Theatre to see the play, Neighbourhood Watch.

It was a fantastic pleasure to see international actress, most famously known for her work as Professor Sprout from the Harry Potter film series, Miriam Margolyes, perform with the South Australian State Theatre Company for the first time in the glorious new Australian comedy about hope, death and pets. A delightfully odd-couple tale, Neighbourhood Watch told the story of a young woman, Catherine, and her surprising friendship with her neighbour Ana, an 80 year old Hungarian-Australian widow.

Kapunda High students saw the play at the Festival Theatre with eight other schools from around South Australia and were able to participate in a Q&A session with cast and crew after the performance.

It was a pleasure to spend the day the Year 10s viewing such a powerful piece of theatre and have them representing the school exceptionally well whilst on excursion. Students will complete a written review in the coming weeks to present their knowledge and understanding of the performance and review writing.

‘It made me cry.’ Natalie Hastings
‘I can’t believe I saw Professor Sprout, she was just up there on the stage.’ Bailey Whitmore

Megan Samain
PE Teacher

Madeleine Rugari
English teacher
Calves are helping to shine a light on dairy industry careers through Dairy Australia’s innovative school program, Cows Create Careers – Farm Module.

Cows Create Careers - Farm Module is a six-week program that aims to increase the awareness of dairy industry careers in a very hands-on way. Secondary students are educated by rearing two three-week-old calves at school and the school is provided with dairy industry curriculum for Years 9 to 11, at no cost.

This year, Kapunda High School is one of eleven schools in the Barossa and Mid North region that will participate in the program.

Since 2006 Dairy Australia has worked with thousands of students, teachers, farmers, industry advocates and communities through its investment into Cows Create Careers – Farm Module.

Cows Create Careers – Farm Module is a program that builds awareness of dairy industry careers - from teaching students about educational and vocational pathways, to profiling the diverse range of professional careers in the dairy industry. By bringing calves into schools, students have fun learning about the different skills required in the dairy industry.

The program has gained strong support from dairy farmers and advocates across Australia. Last year alone volunteers gave 1,162 hours of their time across 22 Australian dairying regions. The National Centre for Dairy Education Australia (NCDEA) also plays an important role by being an educational link for the schools.

Locally, the project is funded by DairySA and receives additional support across the state from local companies, Provico, Genetics Australia, Laucke Mills. Murray Goulburn have continued to support the program in the South East region.

Upon completion of the program, students and teachers will be recognised at a Presentation Finale where prizes are awarded to the winning schools and students. The Finale will be held on Wednesday, 25 June in Kapunda.

Year 9 Agriculture student measuring calves, Samson & Lilah.

Students will weigh the calves each lesson and make notes on health signs e.g. eyes, coat and manure. At the end of the three weeks, students will write a scientific report about the calves.

Jeff Kernich from Carcoola Jersey loves being involved in the Cows Create Careers program and has supplied two calves to both KHS and Orroroo High School.
PROJECTS ABROAD
1300 132831

Projects Abroad organises volunteer and work experience programmes in 29 developing countries. These projects are in areas such as teaching, childcare, conservation, human rights, healthcare, and community work in countries such as Kenya, Nepal, Vietnam and Peru. The evening will feature presentations from staff and past volunteers, along with lots of opportunity to chat and ask questions.

Information Evening:
Date: Tuesday 20 May
Time: 6:30 - 7:30PM
Venue: The Astor Hotel, 437 Pultney St, Adelaide (cnr Gilles Street)


For people too far from Adelaide or who can't make this event, we are running an online information session on Tuesday, 27 May, more details here http://www.projects-abroad.com.au/about-us/meet-us/online-info-sessions/

Kapunda Football & Netball Club
FAMILY DAY
At Dutton Park, Sunday, 18 May - 10:30am training Auskick to A Grade/Nettas to Seniors Followed by Lunch, Games & Activities, Laser, Skirmish, Jumpy castle, Fairy Ross, Slushies & Face painting

The Christian Pastoral Support Worker Committee, together with the Light Interchurch Council invites YOU to the COMMISSIONING or AFFIRMATION service of:
Margaret Reimann; Kapunda Primary School
Mine du Plessis; Kapunda High School
Carlene Heinrich, Robertstown Primary School
Beau Schaefer; Eudunda Area School

as the Christian Pastoral Support Worker for the relevant schools.

Venue: Anglican Church, 4 Branson St. Kapunda, Time: Sunday afternoon, 18 May at 5 pm.
An offering opportunity for this ministry will be available in the service.
Please bring a plate to share for a light pooled tea in the Anglican Hall after service.

Kapunda High School
A country school with a rich history and a vibrant technological future.

Open Day Sunday 18 May 2 - 4 pm
Kapunda High School welcomes prospective students and their families to visit and learn about the school's unique offerings and community engagements.

• Information sessions for prospective students and their families
• Students with special needs information session
• Subject displays, performances and activities
• SACE, Vocation Education & Training, Doorways 2 Construction & Trade Training Centre information
• Guided tour of heritage listed Eringa
• Afternoon tea

Staff and students at Kapunda High School welcome visitors to our school community.
We are keen to share the wealth of learning opportunities and experiences available at our school.

Kristen Masters
Principal

NOTICES

MID NORTH JUNIOR GOLF MONTHLY COMPETITION
ALL WELCOME

Sunday, 25 May 2014 at Mt Pleasant Golf Club
18 hole players with handicap - register at 8:30 for a 9:00am tee off
Full 9 hole players will follow on from the 18 hole players
9 hole shortened course - tee off time 9:30am
$10 casual fee for non members or $50 annual membership (March to November)
Drinks & lunch are included. Please confirm your attendance for catering purposes via email to Christine Gumm on bluegumms@hotmail.com
For more information contact Christine Gumm, Mid North Junior Golf Co-ordinator
Mobile: 0404 981 985

For people too far from Adelaide or who can’t make this event, we are running an online information session on Tuesday, 27 May, more details here http://www.projects-abroad.com.au/about-us/meet-us/online-info-sessions/